Staying Alive: 18 Survival Tips and Tricks You Probably Don't Know

KPS | Survival

Guest post by Logan at AllOutdoors.com

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Survival Tips and Tricks

Everybody likes to think that there is some magic trick to get you out of any survival situation. It is just not that easy.

To get out alive, you have to control your emotions and find a way to endure. There is no quick fix to survival.

However, there are specific strategies that may make you more efficient and effective in your efforts. Here are a few tips that may help a bit:

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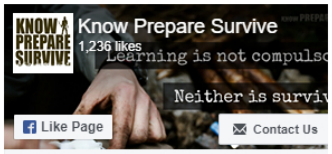

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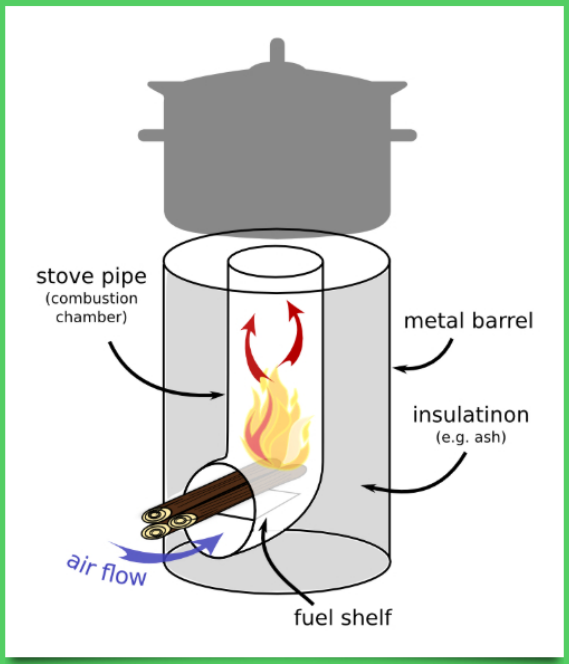
FRESH OFF THE PRESSES

Berries may look like a good food option, but only if you are cautious

Some berries are highly toxic and can kill you quickly. Your best bet are black or blue colored berries. Berries of these colors have a 90% chance of being edible, so the odds are in your favor.

For more heat out of a small fire, build a rocket stove



The design is simple. It needs to be air tight and 'L' shaped. This allows for an opening on the side to feed wood to the fire, and a chimney for the heat to rise. You can build one with bricks or cinder blocks.

You can also use dryer ducting and just build a frame to support it. All the heat is directed upwards to a small area where you set a pot or pan to cook.

Rocket stoves are great for cooking but it won't put out the kind of light that a lantern or flashlight can. You'll want to build a regular fire in that case.

Carry chemical water purification products

I always carry iodine tablets with me in the bush. If you drop two of these into tainted water, it will kill most harmful bacterial and microorganisms. You can also carry a vial of bleach and put a few drops in your water to accomplish the

BEST OF THE BEST

same thing.

Replace your boot laces with paracord

If you are in a pinch, you can pull the interior strands out of 550 paracord and get several dozen feet of cordage while still using the exterior sheath as boot laces.

Bark can be a food source

Most people do not know that the inner bark of trees such as maples, birches, and pines is edible. Use your knife to cut back the rough outer bark and you will find a soft white inner bark before you get to the actual wood of the trunk.

You can boil this to soften it or cook it over the fire to make a crispy snack. You can eat it raw if needed, but it is pretty chewy.

Build a platform to keep your fire off of wet ground

If it has rained recently, the wet ground can keep your fire from lighting or can put it out after it is lit. Use poles or rocks to create a barrier between the ground and your fire.

Be careful when you add wood to your fire

Often people add large chunks of wood too fast and smother their fire. Gradually increase the size of the wood you add. Also make sure that each piece you add is lit before you move on to the next piece.

Carry some sort of water filter with you

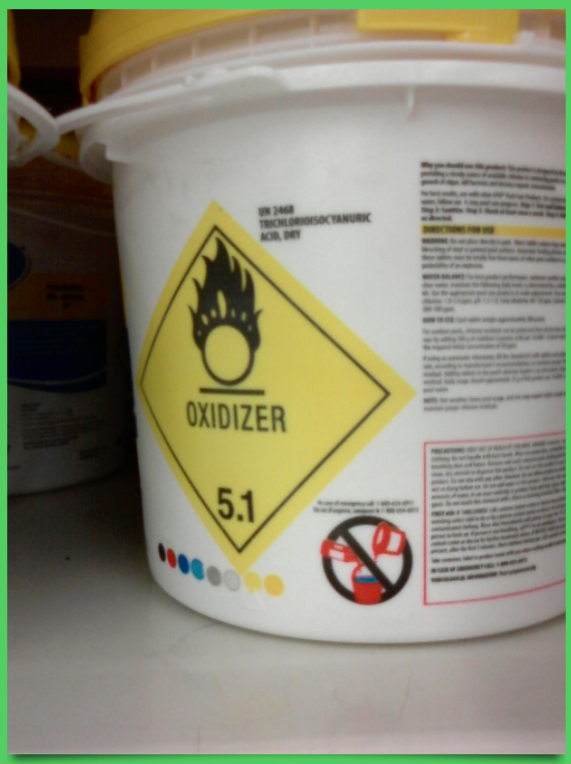
I prefer to carry a water bottle with a filter built into the lid. I can fill it with water before I go hiking or camping and then refill in a stream or pond when it runs out.

The filter eliminates 99.9% of harmful bacteria, and microorganisms. If you need to conserve space, there are also straw style filters that work fine for getting a drink on the go.

A four point spear is an essential tool

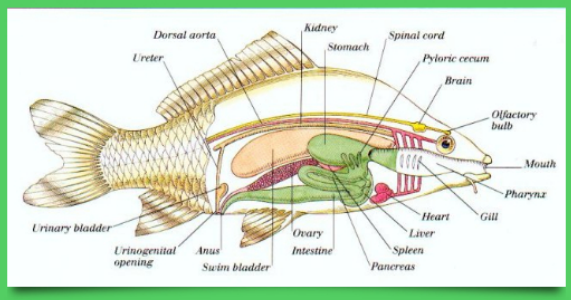
These are easy to make. Find a pole that is taller than shoulder height. This will ensure you do not fall on your spear. Split the end twice so you have four sections. Shove sticks in the gaps to spread them apart and sharpen each point. Then harden the points in the fire. This gives you more surface area to spear small game and fish.

Use found products for a chemical reaction fire



If you are digging through an abandoned garage. Look for the pool chemicals and automotive fluids. Mixing chlorine and brake fluid will create a flame perfect for getting a fire lit in rough conditions.

If you are stranded on the sea, get a drink from a fish



You absolutely cannot drink salt water. It will cause severe dehydration that leads to organ failure, hallucinations, and death.

However, you can get drinkable water if you can catch a fish. The spinal fluid is safe to drink for saltwater fish.

Insert your knife into the back behind the head until you feel a pop. You can then drain the fluid and drink away.

Be cautious when using a cave for shelter

A cave may seem like the perfect spot in a rain storm, but other animals may think the same thing. Before settling in, look for fur, tracks, or evidence of a kill.

Also, never light a fire in a cave. The heat could crack the rocks above and cause them to come crashing down on you.

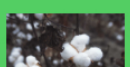
If you need a fire, light it just outside the cave and sleep just inside the entrance.

Be wary of carbon monoxide

Never build a fire or light a candle in a shelter unless you have good ventilation. A buildup of carbon monoxide could cause you to fall asleep and never wake up.

Also, the gas tends to collect in low spots, so keep your bed up off the ground.

Petroleum jelly and cotton balls can be a lifesaver



Bring these two items to make sure your fire lights in any conditions. Rub the cotton balls in the jelly and then cast your sparks into it.

These will stay lit in any conditions and give you time to get your tinder going. It is like turning your ferro rod into a lighter.

Always boil your meat or fish if possible

When you cook, you want to consume all the nutrients possible. The best way to do this is to boil your meat and drink the broth.

Many of the fats and oils are released into the broth, and drinking it will hydrate you and give you the most from your meal.

Use thorns to deter predators

If you are worried about an animal attacking at night, surround yourself with thorny branches. It will not be complete protection, but it is just another reason for predators to think twice.

If you have leftover food, always use a bear bag

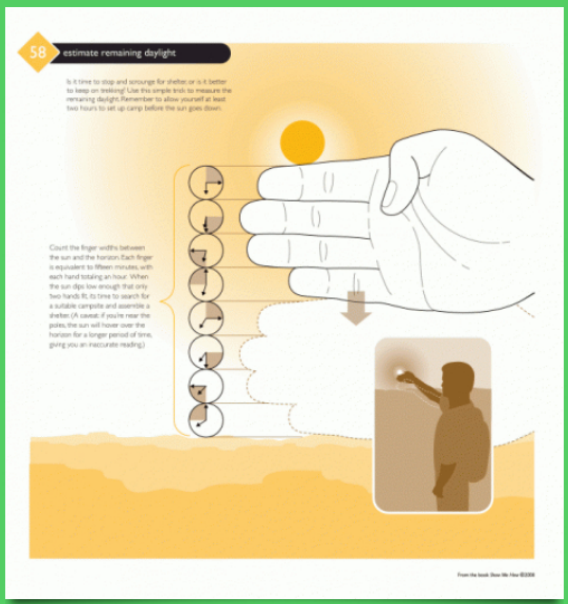
Hanging a bear bag is easy.

Wrap everything tightly and hang it in a tree at least 10 feet in the air and at least 100 yards from your camp.

If you leave it on the ground, animals will likely get to it overnight.

If you hang it close to your camp, you run the risk of dealing with predators in your camp.

Use your hand to tell what time it is



If you're out in the wilderness without your trusty survival watch, you can still get a pretty good estimate of what time it is during the day.

Hold up your hand with your fingers parallel to the horizon. Every four fingers between the sun and the horizon is roughly one hour of daylight.

If you are ever in a situation where you are fighting for your life, just take one step at a time. Think about the fastest way to get yourself to safety and then prioritize your needs from there. Hopefully these tips will help with some of those needs.

Looking for more survival tips? Check out this list of the top 117 survival tips and tricks.

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Guest

Marty Deemst

OMG I want everything on this list! There are so many little things that I don't have. I would love to travel but don't enough time to plan properly. This list helped me finish off my list of needed must-haves. Thank

Reply 1 year ago

Guest

Sébastien

Wow! Such awesome tips in regard to camping, I love camping in different places, I remember there were awesome days when I'd first time camping for the fun of it and it was fantastic, I glad to have a blog to accompany me in my quest.

Reply 1 year ago

Guest

Alicia Francis

Thanks a lot to KPS for sharing such an informative article about outdoor travel survival tips. I have read your valuable page and gotten much information and now my confused has cleared. I love travel. But I have a little question that, I have a little baby but how to take care in travel time? And which foods are good for baby survival times? And which dress will be comfortable for baby in survival time? Could you please suggest me? Then I will be benefited. Anyway, I will share this article with my friends. I hope they will be benefited by this article.

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Author

KPS

No clue. Baby food, maybe? Hope that benefited you

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Guest

Amelia Clayton

Awesome! your 18 Survival Tips. I love to travel in any place. I will go travel with my boyfriend and other friends on next month in Australia. I hope your tips will help ours. And, I am worrying about my hair care in travel time. Have you any idea that, how to hair take care in travel time? Thanks and keep it up your job…..

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Shave it off

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Guest

Juliea Watson

I am so grateful I found your post, You've really covered up almost all the possible tips that a beginner should follow while camping. My husband and I have been thinking of going on camping soon. Actually, I got a lot of information from your blog which can make our camping trip much more relaxing and enjoyable. Thanks.

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